



# *Healthy Aging in Neighborhoods of Diversity across the Life Span*

## **HANDLS Update**

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We have good news to report. As of September 15, 2008, 3566 participants from the neighborhoods of Baltimore City have participated in the HANDLS study. We are only 434 participants away from obtaining our goal of enrolling 4000 participants in the study.

In October 2000, the HANDLS pilot study was launched on Laurens Street in Bolton Hill and Madison Park neighborhoods. HANDLS began the main population study (we call it Wave 1) in August 2004 in South Baltimore. We have now visited Reservoir Hill, Cherry Hill, Govans, Forest Park, Highlandtown, Morrell Park, Curtis Bay, Park Heights, Pimlico, and the Frankford neighborhoods of the city. Recruitment is currently ongoing in the Penrose and South Hilton neighborhoods. At this point, we have recruited approximately 90% of the planned group of participants for the study. We plan to finish recruitment by the spring of 2009.

Wave 2 of HANDLS began in June 2006. It is designed as a telephone interview about 18 months after the first visit to the mobile medical

research vehicles. We wanted to have a way to stay connected with our participants, and to gain important information regarding their health, between visits to the medical research vehicles.

The third wave of HANDLS will begin in summer 2009. The third wave will consist of another visit to the mobile medical research vehicles for a health examination at least 3 years after the first. In between the first and second visits to the medical research vehicles, we will be calling participants to take part in the wave 2 telephone interview.

HANDLS is designed as a community-based examination of health and aging in America's 18<sup>th</sup> largest city. HANDLS is a long-term study that follows city residents to see how their health changes as they age. This unique study examines health changes as people grow older by studying the same people repeatedly over many years. This study will give us information about why some people are healthier than others as they get older. We hope the study will help us understand the causes of good health with aging. If we find the causes of good health with

